

# Success Stories

## Puyallup Tribal Health Authority (PTHA) Has reduced smoking rates by 20%

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Free

The PTHA clinic serves over 10,000 American Indians and Alaska Native residents of Pierce County. In 1999 tobacco related illnesses were the number one cause of ambulatory visits to the -Clinic. A physician, nurse, pharmacist and dental hygienist decided it was time to do something about this problem. They applied for and received the CDC Smoke Free Families grant for five years. With this funding they began awareness raising activities like the tobacco free fun run pictured below. They also began to have the clinicians ask about tobacco use at least once per quarter.

With the tobacco settlement money awarded to PTHA in the fall of 2001, the clinic hired a full time tobacco program coordinator. In February 2002 the clinic implemented the Public Health System's clinical best practice guidelines to treat nicotine addiction.

Patients are asked about tobacco use at every visit and advised to quit. Tobacco use status is charted and the charts are flagged with current tobacco use status. When a patient is ready to quit he/she is referred to the in-house one-on-one cessation program where behavior change counseling and medications are provided.

Awareness raising activities and the clinic system have proven to be effective for reducing use among the PTHA adult population.

Clinical Brief Intervention – 5 A's



### Results:

In December 2004 the adult smoking rate had decreased by 20% - from 55% to 44%.

In June 2005 – three years after implementing the PHS guidelines – tobacco related visits were reduced by 60%.

Currently 70% of patients are asked about tobacco use at every visit. The goal for 2006 is to ask 90% of patients at every visit and to advise 100% of tobacco users to quit.

The cessation program has a 78% one-year quit rate for program graduates and an overall 32% quit rate at one-year for all program participants.

### Future Goals:

PTHA plans to continue the institutionalization of the clinic system and the cessation program to insure that smoking rates will decrease another 20% in the next five years.

Activities to raise awareness and engage the community in tobacco free events will continue.

Seventh Annual Tobacco Free  
Fun Run/Walk

